

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Aerobics 2 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 5:30 ZUMBA GROUNDHOG DAY	9-11 Silver Threads & Needles 3 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 10:15 "USE IT OR LOSE IT: FEATURING PRESIDENTIAL FUN FACTS AND TRIVIA" 1:00 Table Tennis	8:30 Wednesday Walk 4 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 CELEBRATING BLACK HISTORY MONTH: "A TRIBUTE TO MAYA ANGELOU" 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 5 10:30 CRAFTING W/CRYSTAL: VALENTINE BIRD FEEDER 12:00 – 4:00 Bridge 12:30 Just Dance FREE AARP TAX-AIDE FOUNDATION APPOINTMENTS AVAILABLE EACH THURS. & FRI. (FEB 5 – APR. 10)	8:45 Aerobics 6 9:00 SilverStriders 9-11 Silver Threads & Needles 9:30 CHAT WITH THE DIRECTOR 10:00 Fellowship & Singing 10:30 SR GAMES COMMITTEE MTG. 12:30 Slow-moving Exercise 1:00 Table Tennis WEAR RED TODAY – NATIONAL WEAR RED DAY
8:45 Aerobics 9 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	9-11 Silver Threads & Needles 10 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 10:30 "HOW TO DE-CLUTTER" – "PART II: Tips & Techniques for De-Cluttering My Space" 1:00 Table Tennis	8:30 Wednesday Walk 11 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 PEN PALS 11:15 CHAIR EXERCISE 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 12 10:30 SPECIAL SPEAKER: DEBRA YAGER, RN RFD REGIONAL: "CARDIAC REHAB" 12:00 – 4:00 Bridge 12:30 Just Dance	8:45 Aerobics 13 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:15 SENIOR HOUSING OPTIONS 12:30 Slow-moving Exercise 1:00 Table Tennis 6 – 9 p.m. VALENTINE DANCE
8:45 Aerobics 16 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 1:00 B-I-N-G-O 5:30 ZUMBA	9-11 Silver Threads & Needles 17 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 10:30 MUSICAL PERFORMANCE: Forest City/Dunbar 2nd Graders 1:00 Table Tennis 1:00 Wii FUN	8:30 Wednesday Walk 18 8:45 Aerobics 9-11 Silver Threads & Needles 9-11:30 "LIVING HEALTHY WITH DIABETES" (6 Wk Class) 9:30 VALENTINE TEA PARTY 10:00 Line Dancing 10:00 TRIP TO JEWELRY SALE 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 19 10:30 SPECIAL SPEAKER: REBECCA BRODAR, RN - ST LUKE'S: "KICKING THE WINTER BLAHS TO THE CURB!" 12:00 – 4:00 Bridge 12:30 Just Dance 5:15 MEET & EAT – SCOTT'S TRI-CITY (2064 Oakland Rd, FC)	8:45 Aerobics 20 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis <div style="border: 1px dashed black; padding: 5px; text-align: center;"> 2ND ANNUAL PARADE OF TABLES FUNDRAISER: 6:00 p.m. </div>
8:45 Aerobics 23 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA SR GAMES REGISTRATION BEGINS (FEB. 23 – MAR. 6)	9-11 Silver Threads & Needles 24 9-11:30 "LIVING HEALTHY WITH DIABETES" (6 Wk Class) 9:30-11:30 Computer Assistance w/Sandra Boyd 10:00 Yoga 1:00 Table Tennis	8:30 Wednesday Walk 25 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 SPECIAL SPEAKER: DR KERSEY: "HEART HEALTH" 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 26 10:30 CHAIR VOLLEYBALL 12:00 – 4:00 Bridge 12:30 Just Dance <div style="border: 1px dashed black; padding: 5px; text-align: center;"> ← WED/Feb 25th: BODY MASS INDEX & BP SCREENINGS FROM: 9:30 a.m. – 10:15 a.m. & 11:30 – 12:15 </div>	8:45 Aerobics 27 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 11:30 BIRTHDAY RECOGNITION 12:30 Slow-moving Exercise 1:00 Table Tennis
FEBRUARY IS..... NATIONAL HEART HEALTH MONTH & BLACK HISTORY MONTH	If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409	SENIOR CENTER HOURS OF OPERATION: MON. 7:30 a.m.–5:00 p.m. TUES – FRI. 8:30 a.m.–5:00 p.m.	CONTINUING IN MARCH: "LIVING HEALTHY WITH DIABETES" (6 Wk Class) Time: 9-11:30 Dates: March 4, 11, 18, 25	SENIOR GAMES INFORMATION: REGISTRATION: FEB 23 – MAR. 6 SILVERARTS: MAR. 16 – 20 PERFORMING ARTS: MAR. 27 SPORTING EVENTS: APR. 2 – 17

DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles
ALSO AVAILABLE: Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Notary Public, Wi-Fi, Scheduled Transit Stop